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HEALTH TIP: Eggs are a protein powerhouse that promote satiety, preserve muscle during weight loss

Green leafy veggies such as spinach, methi, and amaranth are low in calories but high in fibre, iron, and water content

BangaloreMirror
Friday, August 1, 2025
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TURNING 50?

Here are things you can do to improve your health and well-being

When the ball dropped on New Year's Eve to mark the beginning of 2023, I came to grips with the fact that I would turn 50 years old this year.

Entering a new decade is often a time to pause and reflect on our lives, particularly when reaching middle age.

As a public health professor who is an expert in health promotion, I identified four things in particular that take on greater importance when you turn 50 – and that go beyond general health advice that's beneficial at any age, like staying active, eating well and getting enough sleep.

Get a colonoscopy

Urging everyone to get a colonoscopy is certainly not the most fun piece of advice, but it's one of the most important.

The good news is that the survival rate is high if the cancer is detected early, before it spreads to other parts of the body. The survival rate drops precipitously if cancer is found in the later stages.

A colonoscopy is a routine inpatient procedure that uses a scope to examine the rectum and colon and that requires sedation or anesthesia.

In addition to detecting cancerous or potentially malignant polyps, your doctor can also detect swollen tissue and ulcers. These may indicate potential problems and increase the need for more frequent monitoring.

For people at low risk of colorectal cancer, there are less invasive tests that can be done at home, such as Cologuard. This involves collecting and mailing a sample of poop to a lab. These options should be discussed with your doctor to figure out which screening is best for you.

People at high risk should get screened even earlier. High risk is defined as a family history of colorectal cancer or a diagnosis of inflammatory bowel disease. Colorectal cancer can occur in younger people too; for example, the "Black Panther" star, actor Chadwick Boseman, died of colon cancer at the age of 43 in 2020.

Get the shingles vaccine

For many people who grew up in the 1970s and 1980s, getting chickenpox was a rite of passage. I had a particularly severe case around my 10th birthday.

Once you have chickenpox, the virus lies dormant in your body for the rest of your life. And it can reemerge as shingles.

While shingles are not usually life-threatening, they cause a rash and can be extremely painful. Getting shingles also greatly increases one's risk of having a stroke over the following year.

The good news is that the shingles vaccine is highly effective. The Centers for Disease Control and Prevention recommends that adults 50 and older get the two-shot regimen, two to six months apart, which is 97% effective at preventing shingles.

Bump up retirement savings, look for discounts

Retirement might seem like a long way off, but the average retirement age in the United States in 2022 was 61. The same study found that on average people thought they were going to retire at age 66.

For anyone born after 1960, full retirement benefits don't kick in until age 67, leaving a six-year gap between that and the average retirement age.

Retiring earlier than you had planned can occur for many reasons, but involuntary ones, like job loss, injury or illness, can be a financial strain. The general rule is that you need about 80% of your pre-retirement income to be financially comfortable in retirement.

Get your paperwork in order

While people in their 50s and beyond often still have their best decades ahead of them, it is vital to prepare for the unexpected – at any age. The mortality rate for people ages 55 to 64 is double that of those age 45 to 54.

This is an excellent time to decide how you want your affairs to be handled. According to the National Institute on Aging, this includes your will, living will and a durable power of attorney.

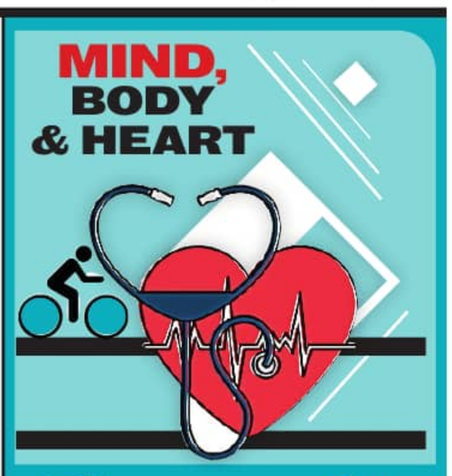
A will describes how you would like your financial assets distributed after your death. However, most Americans don't have a will. There are several online tools for wills and bequests that can make this process easier.

Living wills indicate the type of care you want or don't want if you are unable to communicate your preferences. The durable power of attorney is a document that allows someone you appoint to make health care decisions for you if you cannot. This is different from a general power of attorney, which ends if you can no longer make decisions on your own.

These may seem like a time-consuming list of things to do, but breaking them down into separate tasks makes it more manageable. So far, I have bumped up my retirement savings and scheduled my colonoscopy – even though I'm five years late on that one, based on the new recommendations.

I will get the rest done by the end of the year – and if you're turning 50 or just planning ahead, I hope you do too. Admittedly, not all of it is fun, but everything on this checklist will add security to your years, and perhaps years to your life.

(Jay Maddock, Texas A&M University, The Conversation)



All you need to know about...

Tips to sleep well

1. Create A Wind-Down Routine
Your brain loves cues, and a wind-down ritual, whether it is washing your face, journalling or reading a few pages, gently tells your body that it is time to sleep. To create a rhythm, repeat the same calming steps each evening, and before you know it, your brain will have created an association between those steps and sleep time.

2. Keep Gadgets Away
The blue light from our phones and laptops impacts melatonin, your body's natural sleep hormone. The continuous stream of information (or doomscrolling) also keeps your brain alerted. Consider putting your phone on airplane mode, and keep it out of arm's reach for at least 30 minutes before bedtime.

3. Dim The Lights early
Consider adding soft, low-lighting in the evening hours, which helps your body prepare for sleep, mimicking the setting sun. Bright, overhead lights can act as too much stimulation. Ideally, after 8 p.m. switch to a bedside lamp or fairy lights, which will help your brain shift from high-energy daytime living to slower, calmer natural rhythms needed for sleep. It's almost like telling your body to power down.

4. Take A Warm Shower Or Bath
A warm soak washes away the day, but it also relaxes your body. When you step out, your body cools down, telling your brain it's time to sleep. A reduction in your core body temperature has been shown to lead to increased sleepiness. Add in calming scents, like lavender or eucalyptus, and this can become your own personal ritual of relaxing after a fast-paced day. —Femina

MIRRORLIGHTS

Covid and flu viruses can wake up breast cancer cells spread in lungs: Study

Common respiratory infections, including Covid-19 and influenza, can awaken dormant breast cancer cells that have spread to the lungs, setting the stage for new metastatic tumours, according to a new study.

The findings published in the journal Nature, based on mouse studies as well as meta-analysis of human patients, support research showing increases in death and metastatic lung disease among cancer survivors infected with SARS-CoV-2 -- the virus that causes Covid.

"Our findings indicate that individuals with a history of cancer may benefit from taking precautions against respiratory viruses, such as vaccination when available, and discussing any concerns with their health care providers," said Julio Aguirre-Ghiso, from the Albert Einstein College of Medicine, US.

Previous evidence suggests that inflammatory processes can awaken disseminated cancer cells (DCCs) -- cells that have broken away from a primary tumour and spread to distant organs, often lying dormant for extended periods.

An increase in cancer death rates during the Covid pandemic bolstered the idea that severe inflammation may be waking up the dormant DCCs, Aguirre-Ghiso said. —IANS

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CITY PAGE 5

No smoking City's hang-out joints not particular about having smoking zones; 412 establishments get notice for not adhering to BBMP's Designated Smoking Area rule

Wait for it Seems like much-discussed satellite-based toll collection system on national highways unlikely to be implemented any time soon as deliberations go on

CITY PAGE 6

₹8,500 for 14 km? Bengaluru's ambulance fares leave patients, families reeling; govt plans new law to curb exploitative pricing

PAY THE PRICE, THEN SAVE A LIFE

App-based booking model under review

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I think Bengaluru's auto and cab fares are high? Wait till you hear what private ambulances are charging. In a shocking case that has sparked public outrage, a private ambulance recently billed ₹8,500 for a 14-km trip from Goraguntepalya to Victoria Hospital — that's over ₹600 per kilometre for what should have been a short emergency ride.

This case has brought into sharp focus the unregulated and often exploitative pricing by some ambulance operators in the city. The Health Department has now stepped in, promising reforms to rein in such practices and bring transparency to emergency medical transport.

'They cash in on our distress'

Several patients and their families say this is part of a growing trend. "When a loved one is in danger, you don't think twice. You just want to get to the hospital fast," said Ravindra M, whose father was transported from Yeshwanthpur to a private hospital in Koramangala for ₹7,000. "They exploit that panic. You realise the price only after you've paid it."

Another patient's relative, Anjali S, shared, "There's no fare chart, no receipts — just a demand. We were charged ₹9,000 for less than 20 km.

CONTINUED ON PAGE 6 »

> **"When a loved one is in danger, you don't think twice. You just want to get to the hospital fast. They exploit that panic. You realise the price only after you've paid it**
>
> —Ravindra M, patient's son

Rescue on a train

56 girls found sitting here and there on train with seat, coach numbers scribbled on their arms

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Around 3 pm on July 21, Railway Protection Force (RPF) and Government Railway Police (GRP) received a tip-off. Based on this, when the RPF teams swept through multiple coaches of the New Jalpaiguri-Rajendranagar Express, they found 56 girls on the train -- all were being transported to Bengaluru with the promise of employment.

Without proper documentation or informed consent from their families, these girls were actually being trafficked.

The teams discovered the girls scattered and seated separately, which the officials state is a common tactic used to avoid suspicion.

Authorities noticed coach and seat numbers crudely marked on the girls' hands using marker pens. Upon interrogation, several discrepancies were found between the girls' accounts and those of the two individuals escorting them, identified as Jitendra Kumar Paswan and Chandrima Kar. Both were unable to produce valid documents or provide credible explanations and were immediately taken into custody. The ID cards they submitted were later found to

CONTINUED ON PAGE 6 »

THINGS TO DO

01 Melody lane

Windmills is presenting an immersive weekend of live music featuring Katya Krishnan, a Singapore-based South Asian singer-songwriter, known for her emotionally rich performances and genre-bending sound, Katya blends R&B, pop, folk, and rock through soulful vocals and raw storytelling. **Where: Windmills, Whitefield; When: August 1 and 2, 7 pm**

02 Gadget gala

Techstination, the popular Tech IP of Nexus Select Malls, is back with its third edition, bringing a wide range of gadgets and appliances from top electronics brands which are perfect for anyone planning to upgrade their personal or home tech. **Where: Nexus Shantiniketan Mall, Nexus Whitefield Mall, Nexus Vega City Mall; When: Until August 17, 11 am to 9 pm**

03 Frame of mind

NGMA Bengaluru, in collaboration with Ananya Drishya, a city-based artists' collective led by SG Vasudev, is organising a video screening of nine artists shot during the COVID pandemic lockdown, sharing their work progress and methodology. **Where: National Gallery of Modern Art, Palace Road; When: August 1, 5.30 pm**

04 Musical celebration

Samatva Foundation is presenting the 6th edition of Samatva Varshikotsava, showcasing the brilliance of both established maestros and promising young talents in an immersive musical experience. **Where: Samskrita Bharati, Aksharam Auditorium, Girinagar; When: August 3, 9 am to 9 pm**

05 Poets' delight

Atta Galatta is presenting the 9th edition of the Bengaluru Poetry Festival with an interesting mix of poetry performances, explorations of the connections between poetry and music, discussions about poetry, and opportunities to learn through performances and interactive sessions. **Where: Indiranagar Sangeetha Sabha, Indiranagar; When: August 2**

Sharp drop in dengue cases

Unfavourable weather conditions for breeding of mosquitoes, clubbed with effective on-ground surveillance, play key roles in keeping number of cases low, say officials

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Bengaluru has witnessed a sharp decline in the number of dengue cases in July, otherwise known to be one of the deadliest months for dengue.

According to data from the Health Department of Bruhat Bengaluru Mahanagara Palike (BBMP), dengue cases have dropped by nearly 90 per cent. In July 2024, the city registered 5,172 dengue cases across eight zones, which decreased to 518 cases in July 2025.

So far, 1,761 cases have been reported this year, which is far below the total number of cases recorded between January and July last year (15,282). As many as 156 dengue cases were reported in January, 114 cases were registered in February, followed by 55 cases in March, 130 cases in April, and 299 cases in May.

According to officials, unfavourable weather conditions for breeding of mosquitoes, clubbed with effective on-ground surveillance, have played important roles in keeping the number of cases low.

A senior official from the Health Department highlighted that weather conditions have not been conducive for dengue mosquitoes to breed. "There has been a mild rise in temperature and a few intermittent rains, not accelerating the breeding and spread of the virus. Moreover, we started the door-to-door surveillance programme early this year due to high cases last year, leading to a drastic reduction in breeding sites," said the official.

Apart from conducting door-to-door surveillance, BBMP this year also deployed 700 volunteers and 240 health inspectors to take up mosquito breeding control measures across the city. The civic agency reached out to 1,349 schools, 21,000 students, and 15,000 teachers to educate them about spotting and clearing dengue mosquito breeding sites. While the cases have dropped overall, the highest number of cases has been reported from Mahadevapura (209), followed by Bengaluru East (109) and Bengaluru South (82).

Officials say a large number of construction sites in Mahadevapura and Bengaluru East are responsible for the majority of these cases. Construction sites are hotspots for mosquito breeding due to stored, stagnant water. "These areas are dark and humid, providing a perfect breeding ground for mosquitoes. While cases are being detected from construction sites, it is under control. We have been imposing fines in case mosquito breeding is detected at active or abandoned construction sites in the city," said the official.

BBMP is imposing a fine of Rs 4,000 on construction sites found to have mosquito breeding sites. Commercial establishments, including offices, colleges, healthcare facilities, supermarkets, cinema theatres, etc, have to cough up Rs 2000, and households with mosquito breeding spots are being fined Rs 800.

While the cases have dropped overall, the highest number of cases has been reported from Mahadevapura (209), followed by Bengaluru East (109) and Bengaluru South (82)

Reinstated IPS officers assigned to key Intelligence and Prisons roles

The Karnataka government has reinstated two suspended IPS officers, B Dayananda and Shekhar H Tekkannavar and assigned them to senior roles within the state police, as per a notification issued on Wednesday.

Dayananda has been appointed Additional Director General of Police, Prisons and Correctional Services, Bengaluru, filling a downgraded post following the retirement of Malini Krishnamoorthy. Tekkannavar has been posted as Superintendent of Police, Intelligence, Bengaluru.

Both officers were suspended in the wake of the June 4 stampede at Chinnaswamy Stadium during the RCB IPL victory celebrations, which claimed 11 lives. The suspension of IGP Vikash Kumar Vikash remains in effect as his case is before the Karnataka High Court. **— BMB**

Fatal family row

A woman allegedly poisoned her infant daughter before attempting to take her own life after an argument with her husband, in Thigalarapalya on Thursday. The woman, identified as Chandrika (26) and her husband Lokesh reportedly had a heated altercation over a family issue earlier in the day. After Lokesh left for work, Chandrika allegedly mixed pesticide into tea, gave it to their one-year and eight-month-old daughter, and then consumed the poisoned tea herself.

Hearing Chandrika scream in pain, neighbours rushed to the house and shifted both the mother and child to the hospital. **— BMB**

Bangalore University appoints new Registrar

Shanthala KT (KAS), who previously served as the Additional Deputy Commissioner and Additional District Magistrate of Hassan district, has officially taken charge as the new Registrar of Bangalore University. The state government issued the appointment order recently. Outgoing Registrar Sheikh Latif (KAS) handed over the responsibilities and extended his best wishes. The university's Vice-Chancellor Dr Jayakar SM, along with other officials and faculty members, were present during the occasion.

New rare blood group has a name: 'O Positive CRIB'

In a groundbreaking medical discovery, a rare and previously undocumented blood group has been identified in a 38-year-old woman from Kolar district — a global first. Following nearly ten months of research and rigorous testing, the new blood type has been officially named 'O Positive CRIB'. The woman had been admitted to Jalappa Hospital in Kolar for a heart surgery. During pre-surgical tests, doctors were stunned to find that her blood sample did not match any known blood group. The sample was sent to the Rotary TTK Blood Centre in Bengaluru, and later to international labs, including the prestigious International Blood Group Reference Laboratory (IBGRL) in Bristol, United Kingdom (UK). Despite advanced serological testing, her blood didn't align with any existing groups. After extensive international analysis, experts confirmed it as an entirely new blood type. Interestingly, doctors managed to perform the surgery without the need for blood transfusion, ensuring her safety throughout.

The name 'O Positive CRIB' reflects its scientific components — 'CR' for Chromer, a rare antigen involved, 'IB' for India-Bangalore, and 'O Positive' for her basic blood group. The discovery was officially announced at the 35th Regional Congress of the International Society of Blood Transfusion held in Milan, Italy, in June 2025. **— BMB**

Registered post to become history

India Post's nearly 50-year-old Registered Post service will soon become part of history, as the department has decided to discontinue it and merge it with Speed Post starting September 1. A circular has been issued asking all government departments, courts, educational institutions, and other organisations using Registered Post to update their records accordingly. The move aims to improve delivery speed and tracking efficiency through an app-based system and enhance competitiveness with private courier services. **— BMB**

Southwest Monsoon likely to enter break phase from Sunday

After rainfall and drizzle for the last few days, Southwest Monsoon may take a pause. According to the latest update from Namma Karnataka Weather, a popular weather tracking portal on X (formerly Twitter), the Southwest Monsoon is expected to enter a break phase starting Sunday, bringing a temporary halt to widespread rainfall across Karnataka and Kerala. The update highlights that the Low-Level Jetstream (LLJ) — a key monsoon-driving wind current — has significantly weakened over the last few days. From blowing at a vigorous 38–42 knots between July 23 and 26 over the Deccan Plateau, the LLJ has now dropped to 25–27 knots, entering a moderate phase. It is projected to dip further to a mild phase (14–18 knots) by Friday and Saturday, before sliding into the break phase (less than 13 knots) by Sunday.

Experts explain that this is a seasonal shift, as the monsoon trough moves closer to the Himalayan foothills — a classic sign of a break. While overall rainfall may reduce, localised thunderstorms are likely in some regions such as South and North Interior Karnataka and parts of Andhra Pradesh and Telangana, offering brief relief for dry areas. **— BMB**

Police detain German creators

German influencers Noel Robinson and Younes Zarou were briefly detained by Bengaluru police for drawing flash mobs without prior permission, raising public safety and traffic concerns.

According to the police, the first incident occurred on Monday when Noel Robinson, known for his TikTok-style dance videos, began filming in traditional Indian attire, drawing a crowd of 60 to 70 people. Passersby, finding it hard to move through the congested area, alerted the police via 112. Hoysala personnel were dispatched immediately.

Police said that before detaining Robinson, he was asked to stop as the crowd started blocking movement on the busy street. "He didn't listen initially, but once we detained and explained the seriousness, especially after the recent stampede, he understood. He was cooperative, no arrest was made, and he was let off with a warning," the police officer told BM.

Just two days later, on Wednesday evening, Younes Zarou, who has over 21 million Instagram followers, posted "Church Street, we are coming", triggering yet another crowd surge. Police estimate around 80 to 100 people gathered in minutes. Again, a 112 call alerted the police, who reached the spot and found it difficult to manage the swelling crowd. **–BMB**

SIT uncovers human remains

Partial human skeletal remains were recovered on Wednesday by the Special Investigation Team (SIT) from Spot No 6 near the Nethravathi riverbank, marking a crucial development in the alleged Dharmasthala mass burial case. The site is one of 13 locations flagged by the whistleblower.

This marks the first confirmed discovery since the exhumation began three days ago, following two days of digging that yielded no evidence. SIT sources clarified that in Dharmasthala's tropical soil conditions, complete skeletal remains are rare, as organic matter decomposes rapidly, often leaving behind only fragments.

CRIME FILES

The operation began on Tuesday with Spot No 1, a large pit, and continued through Spots 2 to 5 on Day 2, none revealing any remains. But on Day 3, digging at Spot 6 finally led to the recovery of skeletal fragments, adding weight to the whistleblower's disturbing allegation that hundreds of bodies, mainly women and girl children, were buried after alleged sexual assault between 1995 and 2014. Forensic experts have now taken over, securing and preserving the recovered fragments for DNA analysis. Sources say the pace of investigation may slow as procedures shift toward scientific verification and forensic testing. **–BMB**

Serial bike thief caught

The KR Pura police arrested a 23-year-old Andhra Pradesh native involved in multiple two-wheeler thefts across Bengaluru and recovered 31 stolen vehicles valued at ₹31 lakh.

The accused, identified as Hemant, a daily wage labourer, was nabbed on July 6 on Hosur Road near Parappana Agrahara while riding a stolen two-wheeler. His arrest followed a complaint filed on May 16 by a Chikkabasavanapura resident who reported his vehicle stolen from outside his home.

Following interrogation, Hemant confessed to stealing two-wheelers across different parts of the city and revealed he had sold most of them to buyers in Tirupati and Madanapalle in Andhra Pradesh. Between July 10 and July 27, police recovered 30 additional stolen two-wheelers from the buyers in Andhra.

The accused was initially remanded for 22 days of police custody and is now in judicial custody after being produced in court on July 28.

So far, police have linked Hemant to 9 confirmed theft cases, six under KR Pura PS, and one each under Avalahalli, Kadugodi, and Chikkaballapur police limits. **–BMB**

Six held in mobile theft racket

The Electronic City Police have arrested six individuals involved in a mobile phone theft racket operating across Bengaluru, recovering 70 stolen phones, a car, and an autorickshaw, altogether worth over ₹25 lakh.

The accused have been identified as Naganuri Kumar (22) and Shivshankar (20), both from Andhra Pradesh, and Sagar Sanakki (32), Shivakumar (30), Halappa (29), and Gudu Sab Mulla (36), all hailing from Belgaum and Andhra Pradesh. They are part of a loosely coordinated group targeting crowded public spaces, especially bus stands, to snatch mobile phones from unsuspecting commuters.

The probe began after a complaint from a Pragati Nagar resident, who reported his phone stolen while boarding a BMTC bus at the Electronic City bus stand on July 10. He told police that four unidentified boys had pushed him while boarding, following which he noticed his phone was missing.

Acting on inputs and informant leads, police detained three suspects on July 15 near the same bus stand. During interrogation, they confessed to the theft and revealed they were part of a larger gang operating across the city. Police seized 21 phones and a car used in the crime.

The trio was remanded to eight days of police custody on July 16. **–BMB**

PadmaJa

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WHY LUNG CANCER DESERVES INDIA'S FULL ATTENTION

It starts small. A cough that doesn't go away. A bit of tiredness after a short walk. Maybe some chest pain that comes and goes. We tell ourselves it's nothing. Just the weather, maybe dust in the air. However, sometimes, that nothing turns into something serious. Across India, lung cancer is growing quietly, hiding behind everyday symptoms. And by the time it's found, it's already a tough fight.

Dr. Prasad Narayanan
Senior Consultant and Director, Medical Oncology Hemato-oncology and BMT Cytecare Hospitals, Bangalore

This year alone, more than 81,000 men and 30,000 women are expected to be diagnosed with lung cancer in India. Of these, over 66,000 lives will be lost - a mortality rate that should shake us awake. In men, it accounts for 14% of all cancer cases, making it the most common cancer among Indian males. And in some states like Kerala, lung cancer mortality among men is as high as 28.9%, far above the national average of 7.8%. Behind each number lies a life altered, a family broken and a silence that stretches far beyond the hospital walls.

The Hidden Danger

What makes lung cancer dangerous is how easily it hides. In its early stages, it mimics common illnesses like asthma or tuberculosis. By the time it's caught, it is often too late. This delay in diagnosis is one of the biggest reasons lung cancer continues to take such a heavy toll.

The risk factors are all around us. Tobacco use, both smoking and chewing, remains a major contributor. But even for non-smokers the threat is real. Air pollution continues to choke our cities. The national average AQI stands at 94 this year with places like Delhi regularly crossing into the 'poor' category. Indoor smoke from biomass fuel and unsafe work environments add to this invisible assault.

While lung cancer has traditionally been more common among men, rising exposure to pollution and second-hand smoke means women are increasingly at risk too. People often don't associate lung cancer with non-smokers. They don't recognise early warning signs which is why they don't talk about it.

What Hope Looks Like

But there is hope. Medical science has advanced. With early detection, greater adoption of the latest diagnostic tools and advancement in medical treatment, such as with Targeted therapies, the survival rates have improved dramatically. Across the world, countries are investing in better screening and awareness. In India too, small but meaningful efforts are emerging. Public health campaigns, community outreach and screening drives are starting to make a difference.

Still, much more needs to be done. We need stronger coordination between public and private health systems and affordable screening in rural and urban areas alike. We need to fight stigma and build support networks that help patients and caregivers feel less alone.

The Way Forward

Providing timely diagnosis, access to advanced treatment and supportive care to lung cancer patients — so they have a real opportunity to survive, to breathe easier and to live longer, fuller lives. With early intervention, access to the right care and right kind of information, lives can be saved. Let's normalise conversations around lung health. Let's make screenings more accessible and affordable. This is not just about disease awareness. It's about giving people a chance to fight for their breath and their lives.

This content is for educational purposes only and not for promoting products or diagnosing/treating diseases. Consult a healthcare provider for medical advice. No responsibility is assumed for the accuracy of the information provided.

Clutter is finally cleared from Cubbon Park footpath

Once crowded and dirty, stretch now features pots, repaired fence, improved access — thanks to BBMP workers, walkers, lawyers, civic-minded volunteers

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TWEETS @BangaloreMIRROR

The footpath between Dr BR Ambedkar Veedhi and Karnataka State Bar Council has been fixed now

Pedestrians and visitors to Cubbon Park can now walk safely on the footpath to reach the High Court or Dr BR Ambedkar Veedhi, thanks to BangaloreWalks and the Horticulture Department (Cubbon Park). The half-kilometre stretch was earlier in poor condition and occupied by vendors, forcing pedestrians onto the already congested and pothole-ridden road. The cleared and restored walkway has greatly improved pedestrian access and safety in the area, offering a more pleasant walking experience for daily commuters and visitors alike.

"The footpath between Dr BR Ambedkar Veedhi and Karnataka State Bar Council entrance was full of vendors and garbage. The place was not only crowded but also dirty. Now, I am very happy to see the footpath clean. I want the authorities concerned to fill up potholes and craters on the road to ensure vehicles move without any hassles," said Purushotham, a motorist.

Appreciating the efforts of the Department of Horticulture (Cubbon Park), volunteers, and donors who contributed funds for the footpath's development, Lakshmi S, a visitor, said pedestrians can now walk safely on the clean path. "Pedestrians no longer need to walk on the congested road, risking accidents. I heard that several volunteers, including practicing advocates, helped paint the plant pots placed along the footpath. I sincerely thank everyone involved for making this space neat, clean, and safe for the public," said Lakshmi, expressing gratitude for the community-driven effort.

> **"My concern was about safety—vendors and crowding could lead to serious incidents. It's good to finally see a clean, open path here** – K Umesh, President, Cubbon Park Walkers' Association

Meanwhile, Cubbon Park Walkers' Association President K Umesh said he participated in the footpath beautification drive along with other volunteers. "I had earlier complained to the Horticulture Department about vendors occupying the footpath. My concern was to prevent untoward incidents, as overcrowding by vendors and vehicles can allow anti-social elements to exploit the space. Now, I'm happy to see the area clean and safe," said Umesh.

Speaking to Bangalore Mirror, Kusuma G, Deputy Director (Cubbon Park), Department of Horticulture, said plant pots were placed along the footpath to prevent vendor encroachment. "The footpath was in poor condition and had become both an eyesore and a health hazard due to the unhygienic surroundings. I sincerely thank the volunteers, especially BangaloreWalks, for providing the necessary funds to help develop and restore the footpath," the Deputy Director said.

Stating that reclaiming the footpath was a joint effort by BBMP East, the Horticulture Department, and the Advocates Association, Arun Pai of BangaloreWalks said it was part of the #BLRFootpathChallenge, where citizens and BBMP officers walk on footpaths to assess their walkability. East Zone Commissioner Snehal R, along with the BBMP East Zone team and senior Horticulture Department officers, inspected the stretch from VV Towers to KR Circle, identified all obstacles, and took necessary actions to ensure the footpath is safe and fully walkable for pedestrians.

"This involved repairing broken footpaths, widening them where necessary, fixing and painting the fencing, and placing pots to create an aesthetically pleasing walkway to Cubbon Park. These efforts were carried out by staff from the Horticulture Department and BBMP, along with citizen volunteers, members of the Advocates Association, and the Cubbon Park Walkers Association. The final outcome is a clean, well-maintained, and walkable footpath now used daily by thousands of people—both visitors to the High Court and those heading to Cubbon Park," said Arun Pai.

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Police enforce Benson Road one-way rule after public outcry

Following a report by Bangalore Mirror highlighting the concerns of local residents over rampant traffic violations on Benson Road, the city's traffic police have stepped in to enforce the one-way regulation more strictly. The up ramp towards the State Bank of India (SBI) junction is now being monitored, with barricades and personnel deployed to ensure compliance with the one-way rule.

The BM story, which brought attention to the chaos and safety risks caused by vehicles flouting traffic norms, appears to have had a salutary effect. Responding to the concerns, traffic cops have been stationed at the SBI junction to deter motorists from taking the wrong route.

However, in true 'jugaad' fashion, some motorists—especially two-wheelers and autorickshaws—have begun exploring alternative routes

to bypass the enforcement. Many are now reaching the dead end of Borebank Road, turning right onto a narrow service road, and then descending the ramp in the wrong direction. Others are using Miller's Road 2nd Cross, turning right onto the same service road and heading down the ramp despite the restriction. To counter this, a lady traffic constable has been posted near Prestige Supermarket on Miller's Road to intercept those attempting to violate the rule.

While residents have welcomed the police action, there's lingering uncertainty about how long this enforcement will last. Locals suggest that a more sustainable solution would be the installation of CCTV cameras overlooking the ramp to automatically record and penalize one-way violations. Until then, the success of the current setup depends on sustained police presence and public cooperation. — BMB

Bangalore Mirror
Forget one-way rule, reckless motorists want it their own way

BM report dated July 30, 2025

Yellow line set for August launch

The fourth driverless train for Bengaluru's Yellow Line metro has been dispatched from Titagarh, West Bengal, and is expected to arrive in the city within two weeks — marking a major step toward its commercial launch. With three trains ready and safety tests completed on the 19.15-km RV Road–Bommasandra stretch, the Commissioner of Metro Rail Safety's (CMRS) final report is due this week. Operations may begin by the second week of August, with three trains running every 20 minutes. Once trial runs finish, the fourth train will join. All 15 trains are expected by March 2026, improving city connectivity. — BMB

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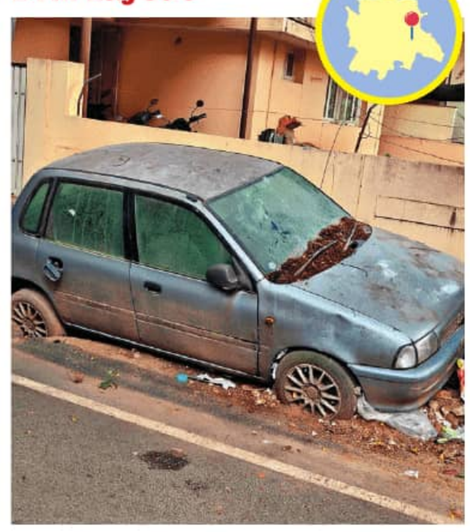
An open BESCOM panel and exposed streetlight switch at 3rd Cross, 5th Stage, BEML Layout, Rajarajeshwari Nagar pose a serious safety hazard and demand immediate action.

Abandoned vehicle

BTM Layout



An abandoned vehicle left unattended at 2nd Stage, 6th Cross, BTM Layout is blocking the road and creating inconvenience for residents and commuters. Authorities are urged to remove it promptly.

Electric threat

BBMP HQ

Due to municipal official's neglect, the BBMP HQ circle skywalk has become unsafe. An exposed electric cable across the footpath poses serious risks, urgently requiring attention to ensure pedestrian safety.

Missing smoking rooms? 412 places on notice

BBMP pulls up bars, restaurants for failing to set up designated smoking areas as mandated last year; establishments get one week to comply or risk licence suspension, with inspections set to follow

Garima Prasher
garima.prasher@timesofindia.com
TWEETS @BangaloreMIRROR

BBMP (Bruhat Bengaluru Mahanagara Palike), over the last two days (Wednesday and Thursday), has sent notices to 412 bars, restaurants, hotels, pubs, clubs, and other public places in the city for not adhering to its Designated Smoking Area (DSA) rule.

Out of these, 23 establishments are from Bengaluru West zone, 63 are in Bengaluru East zone, 94 establishments are in Bengaluru South, 37 are in Mahadevapura, 52 are in RR Nagar, 36 are located in Yelahanka, 35 are in Dasarahalli, and 72 establishments of public refreshment are in Bommanahalli zone.

According to BBMP, while the guidelines on compulsory 'smoking room' for places of public refreshments with more than 30 seats or 30 rooms were defined and imposed in July last year, many businesses have not adhered to these rules yet.

"We sent the guidelines for the designated smoking area to all establishments last year. The guidelines are in line with the Cigarettes and Other Tobacco Products Act, which prohibits smoking in public places. In our recent review of the program, we realised that many establishments have not yet constructed DSA as per the guidelines. We have thus sent notices to them," said Suralkar Vikas Kishore, Special Commissioner, BBMP's Health Department.

As per the notice, the 412 establishments have been directed to construct a separate designated smoking area within one week, starting Wednesday and Thursday. Failing this, the licence granted to these businesses will be suspended.

The guidelines issued last year stated that the businesses should earmark a separate area or place with an appropriate enclosure in the hotel premises after obtaining a licence for the purpose. No other area, apart from DSA, can be used by the customer for smoking. The rules were brought in to protect children and non-smokers.

Smoking is only allowed in the DSA to protect children and non-smokers

"After concerns were raised, a special team from Health dept conducted inspections, only to find many violators. We will conduct inspections again after one week –BBMP official

In a recent meeting of the BBMP with the Police Department, Excise Department, and Education Department, the organisations expressed their concerns regarding the violation of the designated smoking area rule.

"After the concerns were raised, a special team from the Health Department conducted inspections, only to find many violators. We will conduct the inspection again after one week to ensure the establishments have complied with the notice," said a senior BBMP official from the Health Department.

DSA is mandatory for all establishments intending to provide smoking services in bars, restaurants, hotels, pubs, clubs, and other public places with more than 30 seats or rooms and that are within the jurisdiction of the BBMP.

Leopard attacks woman on Expressway

A leopard attacked a woman riding a two-wheeler on the service road of the Bengaluru-Mysuru Expressway near the Kempegowdanadoddi bypass in Ramanagara on Tuesday, around 7 pm. The victim, 35-year-old N Manasa, is the wife of Padarahalli Gram Panchayat member Mohan Ram Mannar. She was returning from her grandmother's house after picking up her child from school when the leopard suddenly pounced on her and dragged her, leaving her grievously injured. She is currently receiving treatment at Narayana Hospital in Bengaluru. The incident has sparked panic among commuters using the service road, with locals demanding immediate action from forest officials to track down and capture the leopard. Forest department personnel have visited the hospital and begun an initial investigation into the attack. –BMB

CID rules out honeytrap claim

The Karnataka CID has submitted a report to the state government stating that the honeytrap allegations made by Cooperation Minister KN Rajanna are unfounded and lack evidence. After a detailed seven-month investigation, the CID found no merit in the minister's claim that there were three attempts to entrap him. The allegation, which had stirred political circles during the last Assembly session, has now reached a logical conclusion with the CID formally closing the probe, stating there was no substance to the accusation. –BMB

Auto rides to cost more from today

Commuters in Bengaluru will have to shell out more for auto rickshaw rides starting from Friday, as the city administration has officially approved a hike in auto fares. The Bengaluru Urban Deputy Commissioner issued an order following persistent demands from auto drivers' unions to revise the existing fare structure.

As per the new rates, the minimum fare for the first 2 km is now ₹36, and ₹18 will be charged for every subsequent kilometre. The first five minutes of waiting time will be free, after which passengers will be charged ₹10 for every 15 minutes. Luggage up to 20 kg is free, and anything above that will attract a ₹10 fee. –BMB

Blind date event runs into tight corner

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TWEETS @BangaloreMirror

A blindfolded conversation event, styled as a 'blind date,' is set to take place in Cubbon Park from August 2 to August 31, between 11 am and 1 pm, every Saturday and Sunday. However, the Horticulture Department says the organisers have allegedly not secured permission to host the gathering.

Commercial activities are generally prohibited in Cubbon Park, with strict rules. In the month of May, there was an order that was circulated that says readers, writers, and artists can gather in Cubbon Park, but not more than 20 people at a time. A 15-acre area from the BSNL side entrance near the gazebo to the parking lot near the High Court can be used for quiet, non-commercial activities like reading, painting, yoga, and meditation. If more than 20 people plan to join, the organisers must get permission from the Deputy Director of Cubbon Park. The Horticulture Department had implemented these rules to preserve the park's environment and ensure public order. Violations can result in fines and even legal action.

Recalling last December's incident where Cubbon Reads curators were detained after a large crowd gathered for a Secret Santa event in violation of park rules, it now raises the question: how can the Horticulture Department allow organised gatherings in a public space meant for everyone, including children and senior citizens, especially when commercial activities like pre-wedding shoots, baby showers, and modelling sessions are banned?

According to the rules, events or gatherings with more than 20 people require prior permission. Activities like fortune telling, staged performances, and group yoga or skating classes are restricted, even though individual activities such as cycling or skating are allowed. Commercial vendors and hawkers are also strictly prohibited within the park premises. A resident also questions why such an event is being allowed in Cubbon Park.

The event listed on BookMyShow has already attracted interest from 1,400 people. Speaking to Bangalore Mirror, Horticulture Department officials Kusuma clarified, "We have not granted permission to anyone to organise such events. This could potentially be a case of fraud, also. We will investigate the matter, and if found illegal, an FIR will be filed against the organisers. We will also question BookMyShow officials on how they listed the event without obtaining prior permission from us."

Officials added that violators may be fined up to ₹500, and repeat offenders could face legal action. The department is also working on installing better signage. "These days, many people are conducting commercial activities without our approval, and we are taking strict action against such violations," they said.

What is event about?

The event is a blindfolded social experience where participants engage in one-on-one conversations without seeing each other, aiming to foster raw, meaningful connections.

BM Food & Night Life

RPF rescued 579 kids in 2 years in B'luru

CONTINUED FROM PAGE 1

be suspicious, prompting further inquiry.

The rescued girls, many of whom are from poor families in four districts outside West Bengal, were mostly first-generation learners and eldest daughters. Officials said they had been misled with vague job offers in mobile and motor parts firms in Bengaluru but had not been given any written proof of employment or travel documents.

Although the accused claimed that the girls' families had been informed, the investigation revealed otherwise. "We contacted their homes through district officials. None of the families were aware that the girls were being taken out of state," an RPF official from West Bengal part of the rescue operation told BM. "It was clear that this was a case of trafficking under the guise of job recruitment."

The girls have since been handed over to child protection authorities and NGOs for counselling and safe return to their families. Additional arrests were reportedly made as the investigation progressed into forged documents and wider trafficking links.

Startling stats

According to the RPF, traffickers increasingly exploit India's railway network to move vulnerable women and minors from economically backward regions into major cities. Trains have become frequent routes for such activities.

Nationwide, the Railway Protection Force has rescued 2,912 trafficking victims between 2021 and mid-2025, arresting 701 traffickers during this period.

In Bengaluru alone, RPF officials have rescued 579 children over the last two years. According to data provided to BM, 318 children (265 boys and 53 girls) were rescued in 2024, and 261 children (204 boys and 57 girls) have already been rescued in 2025 under the 'Nanhe Farishtey' initiative. All rescued children were handed over to the District Child Protection Unit or NGOs, and later reunited with their families through the Child Welfare Committee.

A senior RPF officer from Bengaluru Division noted that long-distance trains have become a preferred mode for traffickers due to the ability to move people discreetly across states. "These cases are not always obvious abductions, often, the victims are convinced they're going for work or training, but they end up in unsafe or exploitative environments," the officer said.

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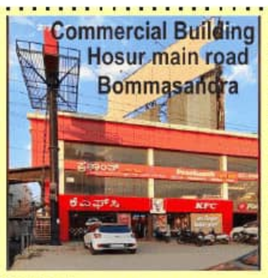

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I, MI MARICAR UMMUL HASANA W/o SYED SAHOOL HAMEED MARICAR R/o NO 226 PAVANI SAROVAR PH2 NALLURAHALLI MAIN ROAD OPP NALLURAHALLI LAKE WHITEFIELD BANGALORE-560066. I have changed my name to UMMUL HASANA vide affidavit dated: 30/07/2025 Before Notary B M CHANDRASHEKAR Bangalore.

I, KHALEEL UR REHMAN S/o MOHAMMED FIRDOS R/o No 416/2 14th cross, fathima Layout Govindapura APJ Abdul Kalam main road Bangalore-560045. I have changed my name to KHALEEL UR RAHMAN vide affidavit dated: 17/07/2025 Before Notary B M CHANDRASHEKAR Bangalore.

I, RAKSHITH PRAJWAL, R/a.#20, Shambhavinagara Laggere, adjacent GKW Layout, Near Sai Sumuka Serenity Apartment, Peenya Small Industries, Bengaluru-58. I, have Changed my name to RAKSHIT PRAJWAL, Vide affidavit, dated 30/07/2025 Sworn before Notary S.R. Nanjunda Swamy Bangalore

I, SHAIK ROSHAN JAMEER Residing at O 29, 11th Main, 3rd Cross, Hosur Road, Popular Colony, Bommanahalli, Bangalore - 560068, have changed my name to ROSHAN ZAMEER SHAIK, vide affidavit dated 24/07/2025, sworn before notary Venkataraju H G, Bangalore.

I Roopa Govinakovi Basavarajappa, W/o, Allubilli Appala Raju, Residing At, No 543, 2nd Floor, 1st D Main Road, 8th Block, Koramangala, Bengaluru 560095, have changed my name to Allubilli Roopa Basavarajappa for all purposes

I, Nagaveni Melinamani R/o No.65, Kaveri layout, Dasarahalli main road, Mariyanna Palya, HA farm, Bengaluru 560024 have changed my name to Nagaveni Vinod Kumar Affidavit Dt.31/07/2025 notary Harisha G, B'luru

I, Vinutha K N w/o Mohan Shetty R/o 14, 2nd cross, Rajivigandhi nagar, 3rd cross, Chowdeshwari nagar, Laggere, Bengaluru 560058 have changed my name to Vinutha M. I shall be called by this name for all purposes

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GET NOTICED

No fare chart or receipts when you book an ambulance

CONTINUED FROM PAGE 1

We had no time to negotiate." Such accounts have pushed the Health Department to acknowledge that private ambulances often operate without any oversight, leading to wide disparities in cost, quality, and service.

Legal overhaul planned

To address the issue, the state government is preparing to bring ambulance services under the Karnataka Private Medical Establishments (KPME) Act. Health Minister Dinesh Gundu Rao said the proposed changes will define what an ambulance must contain, how much it can charge, and set clear quality and operational benchmarks.

"We are drafting rules to ensure ambulances operate within fixed, transparent pricing. A well-functioning system doesn't need restrictions — but when exploitation becomes rampant, regulation is necessary in the public interest," Rao said.

He also noted that while the private sector plays an important role in healthcare delivery, it must operate with a service-first mindset, especially in emergency care, rather than purely profit motives.

App-based booking

One of the key reforms under consideration is an app-based ambulance aggregator model, similar to ride-hailing platforms like Ola and Uber. The idea is to allow people to book ambulances via mobile apps, access fixed pricing, and rate services — thereby increasing accountability. "We want to introduce a system where ambulances can be booked digitally with pre-set charges. This way, patients aren't at the mercy of individual operators," said the Health Minister.

Ambulances and mobile medical units would be required to register under KPME and comply with minimum standards to be listed on the platform.

Some pitfalls

However, critics point out that this model could come with its own risks. "During peak hours or heavy rains, even cab aggregators cancel rides. Will ambulances — which are a life-saving service — also turn unreliable under this system?" questioned a health rights activist.

While the app model brings much-needed transparency, the government must ensure 24/7 availability and non-negotiable response times, especially during emergencies.

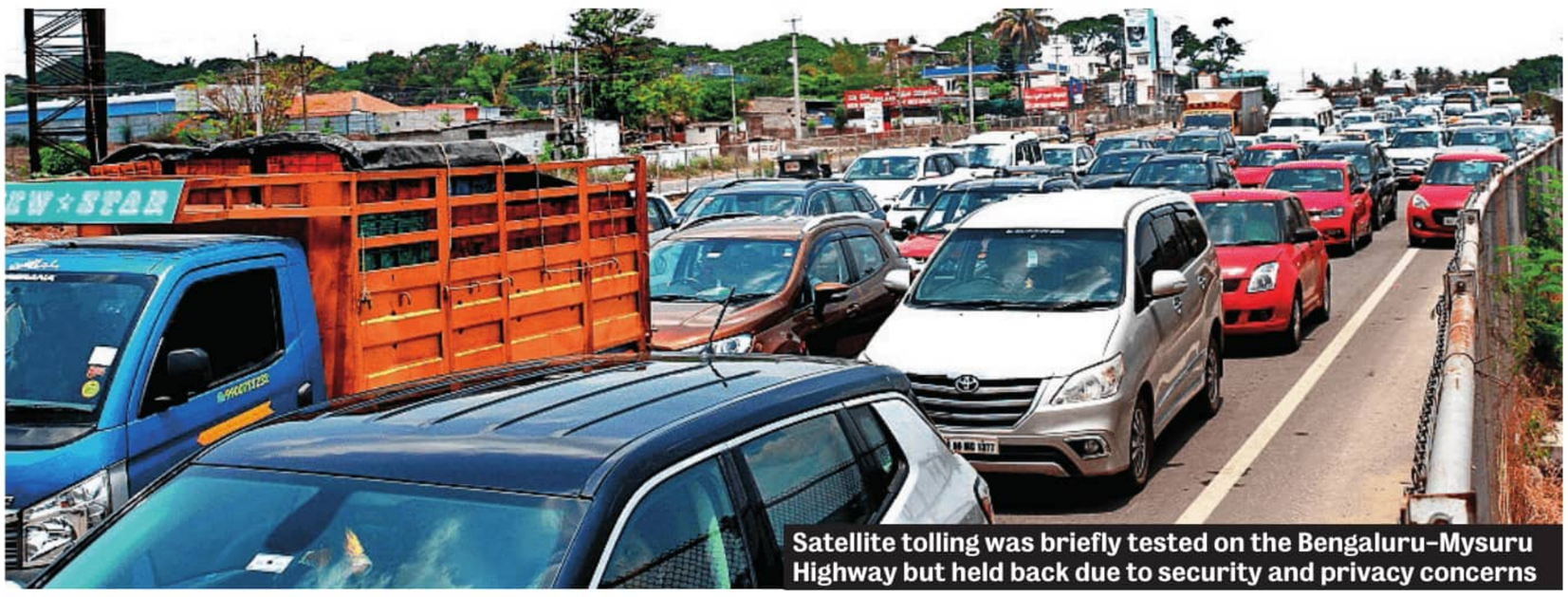
The government also plans to bring the 108 emergency ambulance network — currently outsourced — under direct government monitoring. In the new structure, the Deputy Commissioner (DC), Chief Executive Officer (CEO), and District Health Officer (DHO) will be responsible for supervising ambulance operations at the district level.

In addition, new quality benchmarks will be introduced. The health department has found that many so-called ambulances in Karnataka lack even the basic infrastructure — some operating with just a stretcher and no medical staff.

With multiple reforms in the pipeline, the state is now aiming to make ambulance services what they are truly meant to be — a lifesaving public service, not a luxury charged at premium rates. For now, patients continue to face unpredictably high costs, often during their most vulnerable moments. Until reforms take effect, families remain at the mercy of a system that cashes in on crisis.

Satellite toll plan on hold, focus on smarter road tech

Government pauses satellite toll rollout; opts for FASTag and ANPR-based barrier-free systems to ensure secure, seamless highway fee collection



Satellite tolling was briefly tested on the Bengaluru-Mysuru Highway but held back due to security and privacy concerns

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The much-discussed satellite-based toll collection system on national highways is unlikely to be implemented in the near future. According to Union Minister for Road Transport and Highways Nitin Jairam Gadkari, expert committees comprising industry and academic professionals have recommended further deliberations before any rollout due to security, privacy, and operational control concerns.

At present, no part of India's national highway network uses satellite-based tolling. While the system is seen as a promising solution for seamless, contactless toll collection, the government is proceeding with caution. Both the Apex Committee and the High-Level Empowered Committee have called for more discussions before moving forward, citing the complexity of the technology and the importance of addressing key risks.

Instead of launching a nationwide rollout, the Centre has opted to explore more practical alternatives. Select highway corridors and high-traffic stretches will pilot toll collection using Automatic Number Plate Recognition (ANPR) and FASTag-based systems. These projects fall under the Barrier-Less Free Flow Tolling (AFS) model, which aims to eliminate physical toll plazas and reduce delays for motorists.

> **Expert committees recommended further deliberations on satellite-based toll collection due to security, privacy, and operational concerns**
>
> –Nitin Gadkari, Minister for Road Transport and Highways

The government's immediate focus is on implementing the Multi-Lane Free Flow (MLFF) tolling model. This system leverages existing electronic toll collection (ETC) technology to automatically deduct toll charges as vehicles move through tolling points, without requiring them to stop, slow down, or stay in a designated lane. By avoiding physical bottlenecks, the MLFF model is expected to improve traffic flow and reduce congestion, especially on busy stretches.

Requests for Proposals (RFPs) have already been floated—and in some cases, finalised—for pilot implementation of the MLFF system. The initial rollout will target key locations selected based on factors such as traffic volume, lane design, and geographical layout. The success of these pilots will determine the feasibility of expanding the system to more stretches.

To support the new tolling mechanism, the government is strengthening its digital enforcement and redressal infrastructure. Any toll violations or non-FASTag incidents will trigger electronic notices (e-notices) under the National Highways Fee Rules, reducing the need for on-ground intervention.

Motorists facing issues such as wrongful toll deductions will have access to multiple grievance redressal platforms. Complaints can be raised via the National Informatics Centre's e-notice portal, the 1033 helpline, the email ID falsededuction@ihmcl.com, through FASTag issuer bank helplines, or the Rajmargyatra App.

The Centre's measured approach reflects its preference for stable, proven systems over hasty adoption of complex, untested solutions. While satellite-based tolling remains a long-term goal, the near future will see India's highway toll collection evolve through gradual, tech-led improvements.

20 years on, PRR landowners still wait for justice

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Owners of agricultural lands, whose plots were notified for the proposed Peripheral Ring Road (PRR) project have been problems due to the inordinate delay in the land acquisition process and disbursing compensation. They said they have been making representations to the authorities in the last two decades to complete the process but in vain.

According to farmers and residents, the Bangalore Development Authority (BDA) has failed to address their concerns since 2005, when agricultural lands were first notified for acquisition. Landowners are in a state of limbo—unable to sell, mortgage, or develop their land. The landowners are now demanding that the government issue a fresh acquisition notification under the Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement (LARR) Act, 2013. They argue that the original acquisition notifications, issued under the now-lapsed Land Acquisition Act of 1894, have lost legal validity.

> **My relatives received notices nearly 20 years ago. But because the acquisition data is online, they can't sell or even get a loan**
>
> –Anand Kumar, Kadugodi resident

In a letter by Jagadish Reddy Nagappa, an affected farmer, it was pointed out that the Supreme Court's 2020 judgment in Indore Development Authority vs Mohanlal clearly states that if no award is passed within five years, the acquisition automatically lapses. The letter further stated that continuing to keep landowners in uncertainty without compensation or legal clarity is unconstitutional and a violation of Article 300A of the Indian Constitution, which guarantees the right to property. The BDA had issued a preliminary notification in April 2007 to acquire land for Phase I of the PRR project. The 74-km-long road is planned to connect key highways and state roads.

Anand Kumar N, a resident of Kadugodi, said his relatives have been struggling for years due to this. "They received notices nearly 20 years ago. But because the acquisition data is online, they can't sell or even get a loan," he said. Krishna R, a farmer from Kachamaranahalli, said he had to fight for 15 years in court just to get a khata for land his grandfather had purchased. "I hope the authorities act now. We've waited long enough."

Dairy throne divides Karnataka Congress

The race for the Karnataka Milk Federation (KMF) President's post is intensifying, with elections expected soon and multiple Congress leaders eyeing the top position. BAMUL President DK Suresh and Kolar Milk Union (KOMUL) chief KY Nanjegowda were seen as frontrunners, but the recent entry of Ballari Milk Union President Raghavendra Hitnal has added a new dimension. Backed by a faction within the Congress, Hitnal is said to have gained support from several district unions. Suresh, groomed by Deputy CM DK Shivakumar and fresh from an unopposed BAMUL victory, remains a strong contender. Meanwhile, Nanjegowda is preparing to contest despite reports that his elevation as KOMUL chief came with an understanding not to pursue the KMF post, setting the stage for a tight internal contest. **–BMB**

Black turmeric steals Krishi spotlight

At the upcoming Krishi Mela hosted by the University of Agricultural Sciences, Bengaluru (UASB) from September 13 to 16 at GKVK, five new crop varieties will be unveiled, headlined by a striking black turmeric named CHNBT-1. Known for its blue pulp, this variety features thick rhizomes, a high leaf count, and strong aroma. With a crop cycle of 255–265 days, it offers a yield of 8–10 tonnes per hectare and is valued for medicinal benefits like blood purification, blood pressure regulation, and diabetes management. Another highlight is IISR Pratibha, a red-yellow pulped turmeric with a shorter cycle of 240–245 days and a remarkable yield potential of 34–36 tonnes per hectare. **–BMB**

'Clear hurdles, speed up road widening'

BBMP Chief Commissioner Maheshwar Rao has instructed officials to resolve long-pending Transfer of Development Rights (TDR) issues tied to Bengaluru's road widening projects. In a review meeting held at the BWSSB office, Rao highlighted that of the 16 road-widening works, only two have been fully completed. He directed officials to engage with affected property owners, settle disputes, and expedite land acquisition. Departments were asked to submit detailed reports on acquired properties, expenditure, and remaining land. Rao also stressed the urgency of completing junction improvements for better traffic and pedestrian flow. He called for faster progress on infrastructure works, particularly along the High-Density Corridor on Outer Ring Road. **–BMB**

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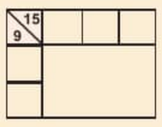
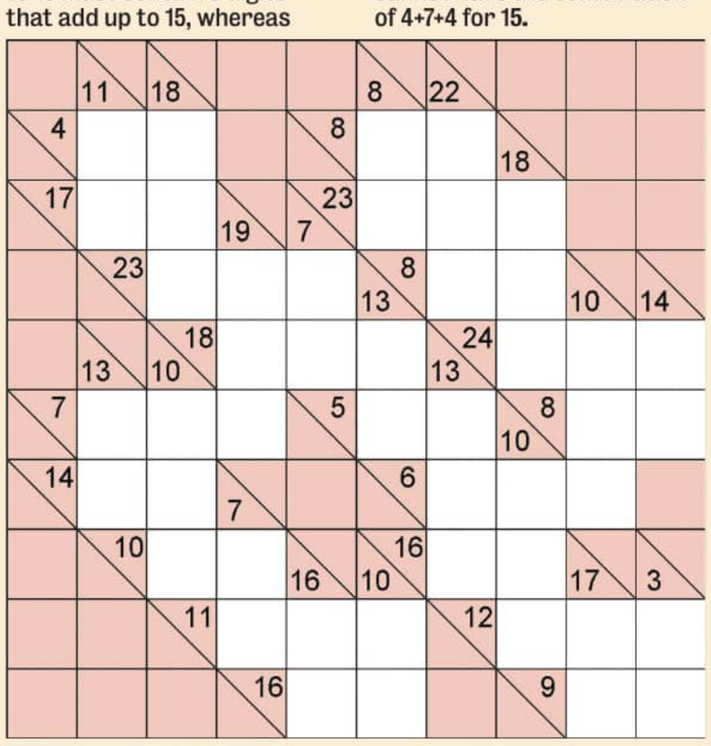
Kakuro

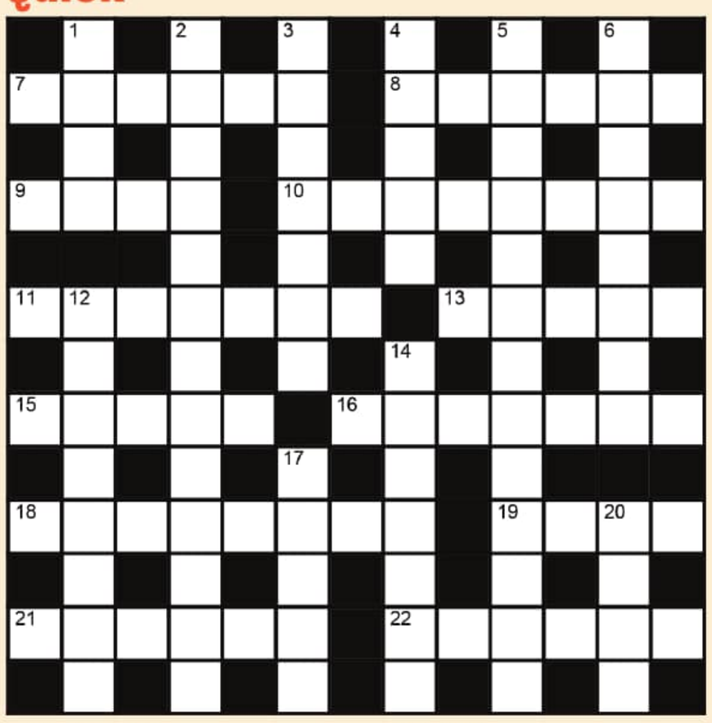
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Variety of quartz (6)
8 Jail or gaol? (6)
9 Mister in German (4)
10 ___ up : imagining or inventing? (8)
11 An axe or a helicopter? (7)
13 Roofing tile (5)
15 Characteristic (5)
16 Sense of style (7)
18 Ninepins? (8)
19 Chicken curry native to Karnataka (4)
21 Online pests (6)
22 Dodged by cleverness (6)

DOWN

1 Destiny (4)
2 Suitably (13)
3 ___ the gap : narrowed the distance, in a way? (7)
4 Distraught (5)
5 Late shehnai maestro from Varanasi (9,4)
6 First rate, colloquially speaking? (3-5)
12 Japanese suicide ritual (8)
14 Scottish maidens? (7)
17 Perfect happiness (5)
20 Onion-like herb (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS H

KBTTEC SK L RSIIHI HZ ACT KHNM LK L RLO KBTLWK, KH SK CT.

Linemaro

Are you a keyboard? Because you are just my type.

Mind chow

It is not enough to have a good mind; the main thing is to use it well.

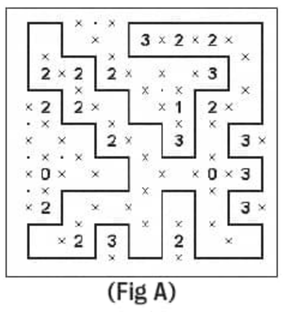
Joke of the day

A woman gets on a bus with her baby. The bus driver says, "That's the ugliest baby that I've ever seen. Ugh!" The woman goes to the rear of the bus and sits own, fuming. She says to a man next to her, "The driver just insulted me!" The man says, "You go right up there and tell him off – go ahead, I'll hold your monkey for you."

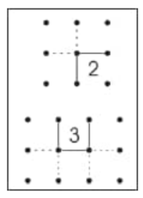
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

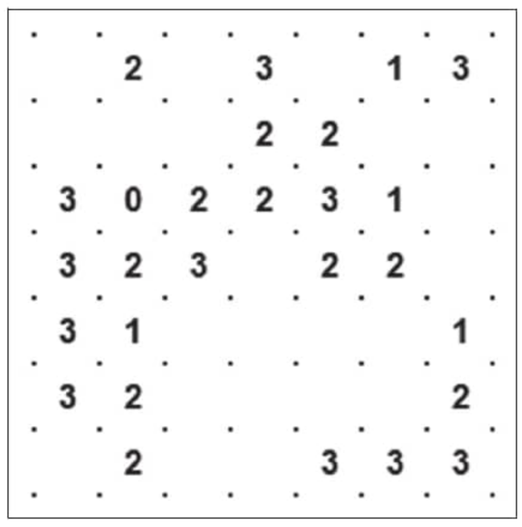


(Fig B) Not Allowed

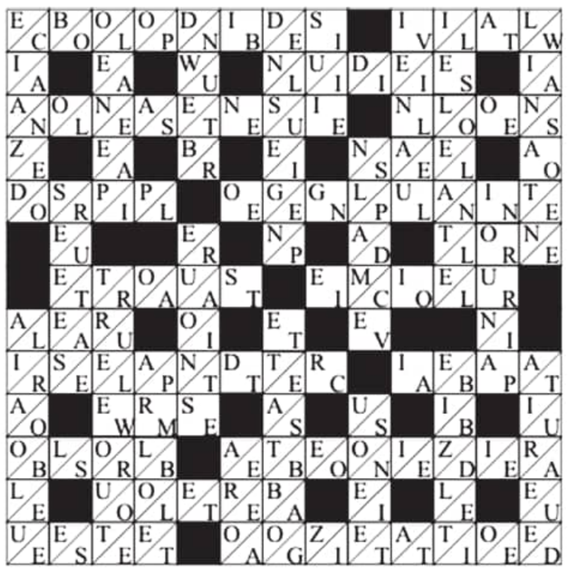
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



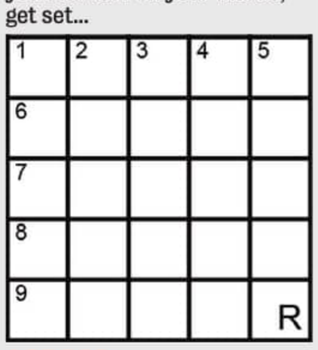
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Corks; 6 Le thy; 7 Slay H; 8 A Erie; 9 RR Wye

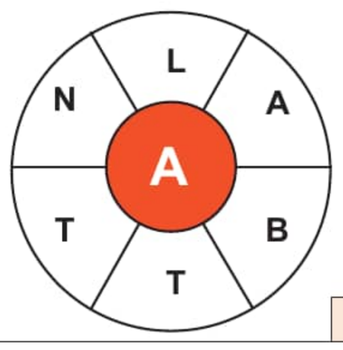
DOWN

1 Wears; 2 Throe; 3 Hy arc; 4 Kiley; 5 Lyres

Mensapuzzle

Which letter completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; **03** Good; **04** Outstanding

SudokuChallenge

7								9
	9	3	6		5	7	8	
		1	9		2	3		
	7			6			1	
			2		9			
	3			8			5	
		7	1		6	5		
	1	5	3		8	2	4	
4								1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 15

7 5 6 9

Medium

= 6

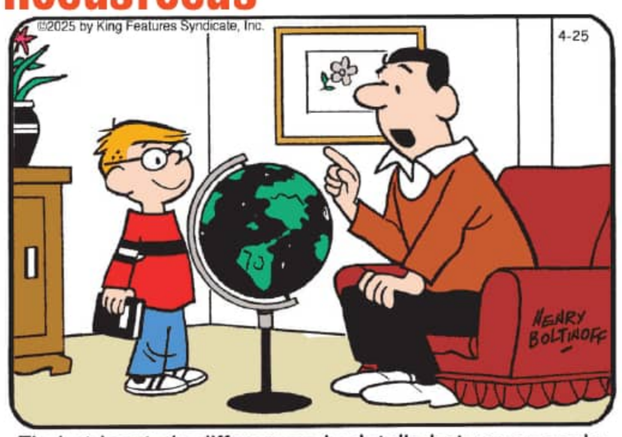
1 5 6 7

Hard

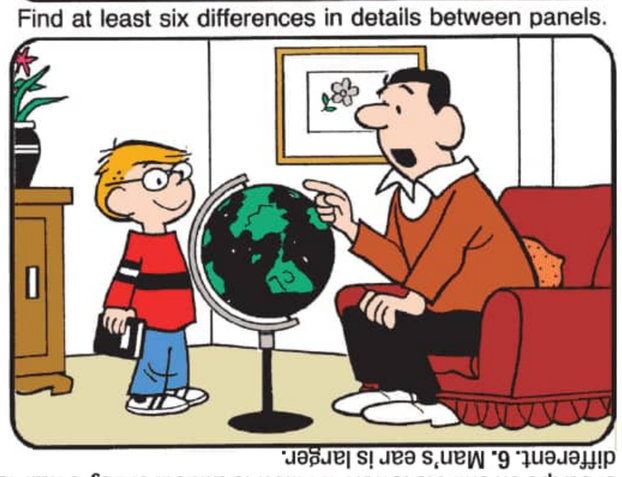
= 51

8 7 1 4

Hocusfocus



Find at least six differences in details between panels.



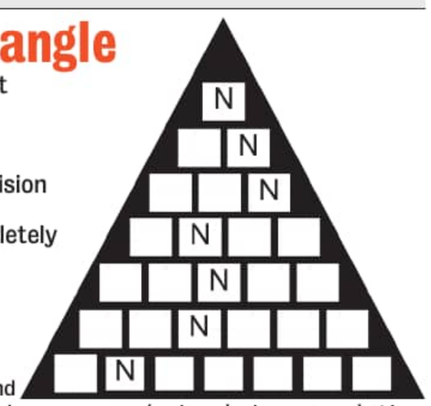
Differences: 1. Globe is different. 2. Hand is moved. 3. Stripe on shirt is lower. 4. Pillow is added. 5. Boy's hair is different. 6. Man's ear is larger.

Riddler

Like tombstones fallen on their sides With eyes that peer out from the bones. Half blind sometimes they might go wild, Two faced players cast in stone. Danger when they're standing tall A tiny tap, they clatter, fall.

Alpha triangle

1 Direction in short
2 United Nations
3 Our star
4 Close-fitting
5 Biological subdivision
6 Fencing actions
7 Surrounds completely

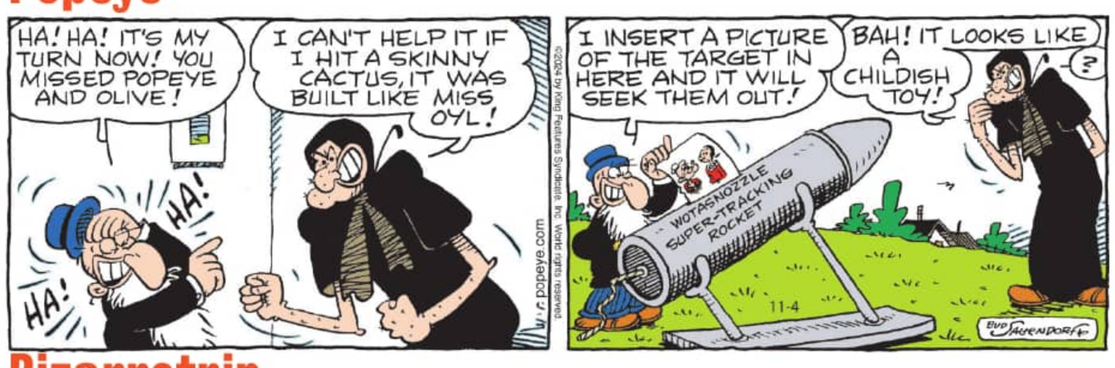


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


HA! HA! IT'S MY TURN NOW! YOU MISSED POPEYE AND OLIVE!
I CAN'T HELP IT IF I HIT A SKINNY CACTUS, IT WAS BUILT LIKE MISS OYL!
HA!
HA!
I INSERT A PICTURE OF THE TARGET IN HERE AND IT WILL SEEK THEM OUT!
BAH! IT LOOKS LIKE A CHILDISH TOY!
?
WOTASNOZZLE SUPER-TRACKING ROCKET
11-4
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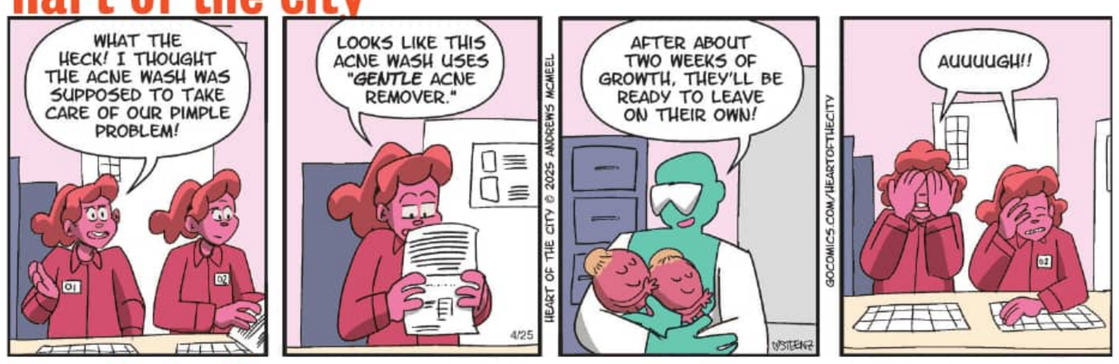
Bizarrotrip

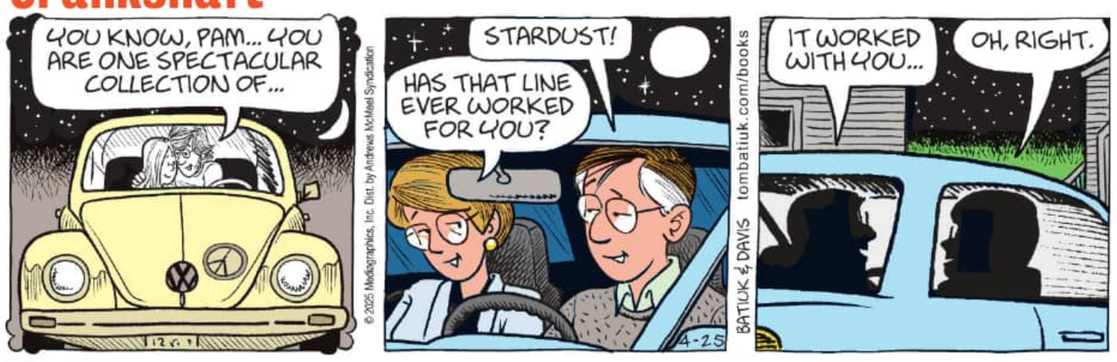
BIZARRO.COM
©2025 BIZARRO STUDIOS
Wayno® & 3 PIRATES 4-25-25
I love that we're both into classic British rock groups.
Dist. by King Features

Diamond Lil

Hart of the city


WHAT THE HECK! I THOUGHT THE ACNE WASH WAS SUPPOSED TO TAKE CARE OF OUR PIMPLE PROBLEM!
LOOKS LIKE THIS ACNE WASH USES "GENTLE ACNE REMOVER."
AFTER ABOUT TWO WEEKS OF GROWTH, THEY'LL BE READY TO LEAVE ON THEIR OWN!
AUUUUGH!!
HEART OF THE CITY © 2025 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY
4/25

Crankshaft


YOU KNOW, PAM... YOU ARE ONE SPECTACULAR COLLECTION OF...
STARDUST!
HAS THAT LINE EVER WORKED FOR YOU?
IT WORKED WITH YOU...
OH, RIGHT.
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BATIUK & DAVIS
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4-25

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel a sense of isolation and be drawn toward self-reflection. Changes in your position or surroundings are possible. Your patience may be tested throughout the day. Avoid being harsh or arrogant with those around you, as it could strain your personal relationships. Refrain from engaging in adventurous activities today.

Taurus Apr 21 – May 20
A positive Moon brings uplifting energy and creativity. You may feel inspired to redecorate your home or bring in new household items. Partnership disputes may begin to resolve, and a long-distance work-related journey could be on the horizon. Harmony in your married life will likely improve, strengthening the bond with your spouse.

Gemini May 21 – Jun 21
You're likely to perform exceptionally well at work today. Your rapport with your boss may lead to new responsibilities or even a promotion. Health issues from the past may resolve, and sibling-related tensions are expected to ease. Stuck financial matters may also get cleared, and job seekers could receive good news.

Cancer Jun 22 – July 23
Today, your focus may shift toward your children's education, and you may plan for their future or higher studies. Couples could receive joyful news related to children. You may also consider boosting your career through further education or workshops. Singles may find a promising romantic connection.

Leo Jul 24 – Aug 23
The negative influence of the Moon may bring a sense of dissatisfaction or emotional disturbance. Responsibilities could feel overwhelming, and investments may not yield expected results. Read documents carefully before signing anything. Concerns about an elder's health may also arise. It's best to postpone home renovation plans for now.

Virgo Aug 24 – Sep 23
Your energy levels are strong today, helping you tackle even the toughest tasks with ease. A short work-related trip may help you expand your professional network. Helping someone in need may improve your social standing. Disputes with siblings may be resolved, strengthening your bond with them.

Libra Sep 24 – Oct 22
Family gatherings may keep you occupied today. Your polite and pleasant demeanor will enhance your image among friends and relatives. You may spend on decorative items or household upgrades that elevate your status. A piece of good news from a close relative might bring additional joy.

Scorpio Oct 23 – Nov 22
With elders' blessings, your patience and focus may improve. This renewed mindset will help you meet personal and professional goals. Financially, you'll find a better balance between earnings and expenses, helping you boost your savings. Success is likely both at home and in business.

Sagittarius Nov 23 – Dec 22
You may feel low on energy or motivation today, leading to delays in your current work or projects. This sluggishness may cause dissatisfaction. Avoid making major decisions in love or marriage. Job seekers are advised to put in extra effort during interviews and applications.

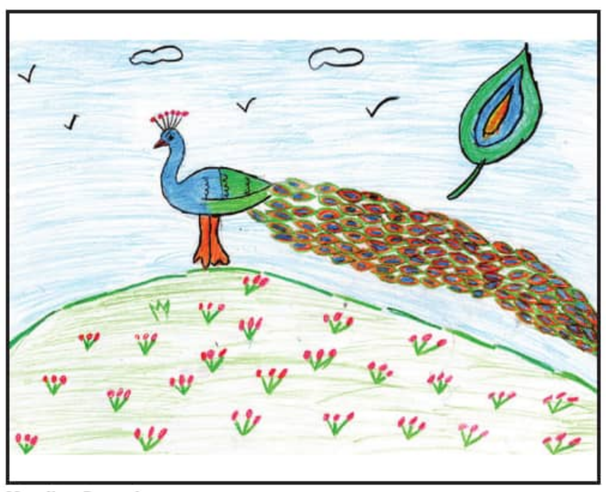
Capricorn Dec 23 – Jan 20
You'll feel confident and strong from within today. Short-term investments may yield quick gains. A positive relationship with your boss could lead to promotions or recognition. Your social prestige is likely to rise, and you may also travel for work-related purposes.

Aquarius Jan 21 – Feb 19
The Moon brings blessings and opportunities today. Your hard work may lead to a promotion or recognition. You might meet an influential person who offers valuable guidance for your growth. Domestic matters will be managed smoothly, helping to create harmony at home.

Pisces Feb 20 – Mar 20
You'll be in high spirits today, and things will start improving. A visit to a spiritual or religious place may give you emotional peace and strength. You may also donate to a noble cause or temple. Opportunities for overseas travel related to work or education may arise. Couples may find a suitable match, while singles could meet someone special.

KIDZONE

Virat, Bengaluru



Mugdha, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$\sqrt{(4^3)} \times \sqrt{(9^3)} / 2^{-1}$
$2\sqrt{3} \times 3\sqrt{3} / (1/2)$
$6\sqrt{3^2} / (1/2)$
$6^3 / (1/2)$
18 / (1/2)
18 x (2/1)
= 36

BULL'S EYE
anal, banal, BLATANT, natal

STRIKE OUT

C	O	L	O	N	I	E	S		V	I
A		A		W		N	U	D	E	S
N	O	N	S	E	N	S	E		N	O
E		A		B		I		S	A	L
D	R	I	P		E	G	G	P	L	A
	E		R		N		A		T	O
T	R	O	U		T		I	C	I	E
L	E		I			E			I	
I	S	L	A	N	D	E	R		A	B
A		E	M	S		A		U		I
B	L	O	B		E	B	E	N	E	Z
L		U		L		T		R		A
E	S	T	E		A	G	I	T	A	T

FAST FIVE

R	O	C	K	S
E	T	H	Y	L
S	H	A	L	Y
A	E	R	I	E
W	R	E	V	R

QUOTE UNCODE
Speech is a mirror of the soul as a man speaks, so is he.

QUICK

		I		Y		S		S		T
T	R	O	L		L	S		E	V	A
S	K	I		T	T	L	E	S		K
A		A		B		S		H		
T	R	A	I		T	P	A	N	A	C
A		R		D		L		L		C
C	H	O	P	P	E	R		S	L	A
		O		G		T		I		O
H	E	R	R		D	R	E	A	M	I
T		P		I		S		P		
J	A	S	P	E	R		P	R	I	S
F		A		B		U		B		T

MENSA PUZZLE
U. Starting with the top left letter, and moving clockwise around the others, letters advance through the alphabet in steps given by the numerical value of the central letter (6).

RIDDLER
Dominoes

SUDOKU

7	5	6	8	3	4	1	2	9
2	9	3	6	1	5	7	8	4
8	4	1	9	7	2	3	6	5
5	7	8	4	6	3	9	1	2
1	6	4	2	5	9	8	7	3
9	3	2	7	8	1	4	5	6
3	2	7	1	4	6	5	9	8
6	1	5	3	9	8	2	4	7
4	8	9	5	2	7	6	3	1

ALPHA TRIANGLE
N, UN, Sun, Snug, Genus, Lunges, Engulfs.

GO FIGURE
Easy
9 + 5 + 7 − 6 = 15
Medium
7 − 6 x 5 + 1 = 6
Hard
7 x 8 − 4 − 1 = 51

LOOP

KAKURO

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 # Clean shave — Actor Jason Momoa is all set to go back to the sets of 'Dune' for its third instalment as he filmed himself shaving his facial hair to get ready for the part. The actor said on Insta that the last time he had shaved was for the first film

Top of the class

Buzz is that Vikrant Massey and Rani Mukerji may take home National Film Awards this year

As buzz intensifies around the upcoming announcement of the National Film Awards, reports are already hinting at who could take home the top honours this year. According to industry insiders, Vikrant Massey is strongly tipped to win Best Actor for his moving performance in 12th Fail, while Rani Mukerji is being considered a leading contender for Best Actress for her role in Mrs Chatterjee vs Norway.

Subhash K Jha reported that Vikrant Massey's performance in 12th Fail is getting him the National Award. It is final. The report also shared that Rani is a strong name in the Best Actress race, though two prominent actresses from the South are also in close competition.

Though official confirmations are still awaited, the speculation has stirred excitement—especially among Vikrant's fans. The actor, who has consistently delivered nuanced performances over the years, had earlier expressed how much a National Award would mean to him. In an interview with News18, Vikrant shared, "I've prayed for one since I was a kid wanting to become an actor. A National Award is the highest honour an Indian actor can dream of. To receive it from the President of the country—that's monumental." He added, "I hope the film wins. I hope Vidhu Vinod Chopra wins. And yes, I hope I win too. Fingers crossed."

After starring opposite Shanaya Kapoor in Aankhon Ki Gustakhiyan, Vikrant will be seen playing Gurudev Sri Sri Ravi Shankar in White, a biopic currently in production.

Rani Mukerji, meanwhile, is all set to reprise her fierce cop role in Mardaani 3, which is already underway. She's also rumoured to star opposite Shah Rukh Khan in King, though an official announcement is still pending.

— **ETimes**

Magic on the screen

Who among us has not enjoyed Priyanka Chopra's scintillating moves in the "Ram Chahe Leela" song from Sanjay Leela Bhansali's 2013 outing "Goliyon Ki Raasleela Ram-Leela", starring Ranveer Singh and Deepika Padukone.

Recalling how she came on board the project, PeeCee shared that when Bhansali came to her with this song, it was a complicated decision for her. However, she added that she has always been inspired by Bhansali as a filmmaker.

Heaping praises on the 'Black' maker, Priyanka added, "His creative mind, his nostalgic stories usually over incredible food, the conversations of art and music to dance.. the beauty of the yesteryears but also what the future holds. And then he played the song.. and I knew I was her." Lauding all who helped create magic on screen with the "Ram Chahe Leela" track, PeeCee added, "Under Sanjay sir's guidance, Ravi Varman's cinematography shone, and Vishnu Deva was magic! Him and I would rehearse during lunch breaks every day to perfect the dance sequences. This brings back such great memories. Goliyon Ki Raasleela Ram-Leela | 2013."

An Indian adaptation of the popular Romeo and Juliet by William Shakespeare, "Goliyon Ki Raasleela Ram-Leela" turned out to be a box office success, emerging as the sixth highest-grossing Hindi film of 2013.

—**IANS**

Vanishing bag trick

Urvashi Rautela, in a statement, claimed that her luxury bag having jewellery worth Rs 70 lakh was stolen from the Gatwick Airport, London. The actress added that she was in the British capital to watch Wimbledon when her expensive bag went missing from the luggage belt. She first tried to search for it; however, she couldn't find it. Here's what she said in the statement.

As per News18, Urvashi's statement shared by her team read, "As a Platinum Emirates Member and a global artist attending Wimbledon, I am deeply disheartened to report that our Christian Dior brown baggage was stolen from the baggage belt at London Gatwick Airport, following our Emirates flight from Mumbai." It further read, "Despite holding our baggage tag and ticket, the bag went missing directly from the belt area—an alarming breach of airport security. This matter is not only about a lost bag—it's about accountability, safety, and dignity for all travellers."

On her Instagram, she posted, "Injustice tolerated is injustice repeated." The actress tagged Gatwick Airport, Emirates, and the Metropolitan Police in the post.

Urvashi also shared that when she tried to get help from the Emirates support and Gatwick Airport officials, there was no response from the authorities. — **ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Content is king

With the audiences flocking back to movie theaters, most directors are focusing on the story rather than glorification of actors. Kishore Moodbidri's recommendation indicates that the film Rippan Swamy is set to join the list of content-oriented movies. Rippan Swamy is scheduled to arrive in theatres across the state on August 29. Vijay Raghavendra plays the protagonist while Ashwini Chandrasekhar is paired opposite him.

"Vijay Raghavendra worked hard during the shooting. I appreciate his dedication. Rippen Swamy went on floors a few days after Vijay Raghavendra's better half passed away. Despite the tragedy, he entered into the skin of the character," said Moodbidri.

The director said Vijay Raghavendra's fans will see their favourite hero in a different avatar on the screen. "I can say Vijya Raghavandra has played such a character for the first time in his acting career. This character has two shades. I do not want to reveal more about it at this juncture," the director said.

New serial

A new tele serial Prema Kavya is scheduled to be telecast on Colors Kannada from August 4. The tele serial is the story of two couples. Priya J Achar and Vaishnavi are paired with Raghavendra and Vikas, who are playing the protagonists. Ravin Kumar, apart from handling the megaphone, is bankrolling the tele serial.

"I am playing Prema in the serial. Prema's character helps her sister who wants to become a scientist. Prema also falls in love with her childhood friend Ram," said Priya. Vaishnavi said that she plays Kavya, an educated girl who dreams of becoming an astronomer. "This character likes to live in a metropolitan city," said Vaishnavi. Raghavendra said he plays Madeva in Prema Kavya. "My character has a sister who is deaf and dumb. The character follows mother's advice but fights against bad people," Raghavendra said. Vikas said he is making debut as a hero on the small screen with this. "I play a doctor who wants to construct a hospital in his home town," he said.